

March 2006



Hello everyone-

This month we'll be a week late with our group meeting due to the big Spring conference at City Bible Church next weekend. Those of you who've been tracking with me for a while know that this is an annual occurrence. The conference is always so good that it is worth re-arranging a few things for.

Well, so what have we been doing? Last month was pretty much a wash for doing anything. We did go to Mexico in January for some dental work, and upon arriving back my body went into the biggest detox season I've ever experienced. Little to no energy, fevers just about every night, and a low level of constant bronchial congestion.

I did know about garlic this time around. Any time the lung business appeared to be going into pneumonia, a clove or two of raw garlic would clean it right out again. (At least that's how it's been working for me.) In other years I would have gone to the doctor at that point, gotten some antibiotic, and then whatever my body was trying to cleanse would be stymied.

So this had moments of adventure to it. At times what I was coughing up looked like cigarette residue. That would be hearkening back to my grade school days, when my parents were heavy smokers. To me that was very encouraging, for my biggest problems are shrouded back in those early years where I really don't remember too much. So the path to health can be a long one, with lots of twists and turns.

We were exposed to some other diagnosis and treatment options while we were in Mexico, and some I'm looking into. Possibly more to follow at a later date. Both Sandra and I have specialized issues that are going to require some intervention and guidance. While I can certainly say that the Hallelujah Diet(r) has been the best all-round program for me that I have ever found, and has also been a great help to Sandra, we each have some issues that require individual attention.

With me there seems to be an absorption problem. I can eat all the right stuff, and still not have it. I've done better on the Hallelujah Diet® without any help, supplementation, or intervention, for longer, than anything else I tried. But I'm still running down a bit these days, so it's time to do something.

In any case I have a compass to guide me. When some medical "expert" stares me in the eye and starts lecturing me on the *health benefits* of eating fish, or chicken, or whatever, I simply make a mental check mark next to his name, and never go back. Because I've proven to myself and seen the results in the testimonies of others that God's original diet was His best.

Nothing else restores, builds, or maintains health near as well. Nothing destroys our health as fast as putting animal products into our mouth and calling it food. And I know the ones who will partner with me most effectively in building my health will be the ones who hold and live out a similar viewpoint.

So there we are. I do have the best fitting dentures thus far, all the better to eat salad with, but the lower one requires more fitting and I haven't had the time to get it taken care of, what with little to no energy. But things are picking up again. Sandra got all the temporary things out of her mouth, and is pretty much a happy camper too. So life goes on...

So if you can make it on the 17th, by all means join us. Most of our friends have yet to find us here on the West side, and the traffic can be bad on Friday evenings, but God is good. That will be 7 PM.

God Bless...

-Gary & Sandra-

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